

IN THE ABSTRACT

Please replace the abstract with the following abstract:

A method of obtaining advice pertaining to a fitness-related activity performed by a user is provided. A user accesses a central site via a network, such as the Internet, then visits a physical location associated with a fitness-related activity. Information identifying the location is provided to the central site. The user then receives live advice pertaining to the fitness-related activity from a personal advisor, via the network from the central site. Fitness-related activities for which advice is provided include, for example, use of exercise equipment, consumption of foods or beverages, and engagement in other activities having an impact on a user's physical, mental or spiritual well-being.